

Welcome to the fall schedule of courses offered by Shelton State Community College's Community Education and Lifelong Learning Center. Courses for both programs are included in this schedule. While Lifelong Learning classes are only open to seniors 55+, Community Education classes are open to everyone with the exception of a few classes that are age specific. Neither program requires high school graduation for participation.

community EDUCATION COURSES

LANGUAGE

CEU 150-50 BEGINNING SIGN LANGUAGE I

Course Fee: \$89

Instructor: Kay Perry Britton M Aug. 20 - Oct. 15
6-8 p.m. Martin 2403 8 sessions

This sign language course offers the opportunity to learn to communicate in the language used by America's hearing impaired persons. This beginning conversational class introduces finger spelling, vocabulary, and fluency through hand shapes, facial expressions, body language and mime. In addition, information will be shared regarding the deaf culture. Text: Talking with Your Hands; Listening with Your Eyes, by Gabriel Brayson. Class will not be held on September 3. Enrollment is limited to 15 participants.

✱ **DENOTES A NEW COURSE**

CEU 152-50 BEGINNING CONVERSATIONAL SPANISH I

Course Fee: \$79

Instructor: Rafael Alvarez T Aug. 21- Oct. 9
6-7:30 p.m. Martin 2409 8 sessions

Gain a background in grammatical structures, vocabulary, phonetics and pronunciation of the Spanish language. Designed for those with little to no knowledge of the language, practice phrases and grammatical structure for basic communication will be introduced. Text: Spanish in Ten Minutes a Day, by Kristine Kershul.

CEU 152-51 BEGINNING CONVERSATIONAL SPANISH I

Course Fee: \$79

Instructor: Rafael Alvarez T Oct. 16 - Dec. 11
6-7:30 p.m. Martin 2409 8 sessions

Gain a background in grammatical structures, vocabulary, phonetics and pronunciation of the Spanish language. Designed for those with little to no knowledge of the language, practice phrases and grammatical structure for basic communication will be introduced. Text: Spanish in Ten Minutes a Day, by Kristine Kershul. Class will not be held on November 20th.

COMPUTER

CEU 142-50 INTRO TO COMPUTERS, WINDOWS, WORD & INTERNET

Course Fee: \$119

Instructor: Dave Cooper M Aug. 27- Oct. 15
6-9:15 p.m. Martin 1353 7 sessions

This course is for the absolute beginner to offer an introduction to the world of computers including basic information on the computer, use of Windows, the Internet and e-mail. Information will also be taught regarding basic word processing to include formatting and production of a document. Text: The Practical PC, 4th Edition by Parsons and Oja. Please bring a 3.5 inch high density disk. Class will not be held on September 3rd. Enrollment is limited to 15 participants.

ART EXPRESSIONS

CEU 105-50 BEGINNING CALLIGRAPHY

Course Fee: \$69

Instructor: Sammy Watson T Sept. 4 - Oct. 9
6-7:30 p.m. Martin 2358 6 sessions

Introduction to Calligraphy teaches the basic principals of Calligraphy. Students will learn what type instruments and paper to use and how simple strokes form letters. Emphasis will be on practical uses for Calligraphy. Some one-on-one instruction will be provided. Supplies are in addition to the cost of the course and are to be purchased independently. Enrollment is limited to 15 participants.

CEU 109-50 BASICS IN FALL FLORAL DESIGN

Course Fee: \$69

Instructor: Randy Howell T Aug. 28- Oct. 2
6-8 p.m. Martin 2153 6 sessions

This course teaches the basic principles in floral design focusing on fall themes. Emphasis will be placed on balance, stability, proportion, rhythm and harmony as well as the elements of line, form and texture. Information regarding containers, conditioning and handling is included. Supplies are in addi-

tion to the cost of the course and are to be purchased independently. Enrollment is limited to 20 participants.



CEU 112-50 CHRISTMAS FLORAL DESIGN

Course Fee: \$69

Instructor: Randy Howell T Oct. 9 - Nov. 13
6-8 p.m. Martin 2153 6 sessions

PREREQUISITE: A basic floral course. Get in the Christmas spirit with this course filled with holiday decorating ideas. Continue to develop the basic principles in floral design and produce marvelous decorating results. Classes will include observations and hands-on experience in decorating floral techniques. All supplies are in addition to the cost of the course and are to be purchased independently. Enrollment is limited to 20 participants.

CEU 103-50 INTRODUCTION TO PHOTOGRAPHY I

Course Fee: \$79

Instructor: Michael Thornton M Aug. 27 - Oct. 8
6-8 p.m. Martin 1833 6 sessions

Develop photographic confidence and capture those treasured moments. A 35 mm camera is required for this course. Students will be introduced to photographic equipment, techniques, cameras, lenses, film, filters, exposure calculations, light meters and artificial light sources. Basic techniques, visual skills and confidence will be increased. Enrollment is limited to 15 participants. Classes will not be held on Sept. 3rd.

CEU 104-50 INTRODUCTION TO PHOTOGRAPHY II

Course Fee: \$79

Instructor: Michael Thornton M Oct. 22 - Dec. 10
6-8 p.m. Martin 1833 6 sessions

PREREQUISITE: Introduction to Photography I. Continue to enhance photographic skill and techniques, learn to develop film and increase understanding of proper techniques. A \$10 supply fee will be collected by the instructor and used to offset the cost of chemicals for film development. Class will not be held on November 19. Enrollment is limited to 15 participants.

CEU 117-50 PHOTOGRAPHY III

Course Fee: \$79

Instructor: Michael Thornton W Oct. 24 - Dec 5
6-8 p.m. Martin 1833 6 sessions

Designed for the student interested in perfecting skill, participants will continue training in processing film using the correct temperature and times. This course will include in-depth instructions on darkroom procedures and black and white printing; along with basic techniques for enlarging prints, contrast filters, printing paper and chemicals. Class will not be held on November 21. Enrollment is limited to 15 participants.

CEU 118-50 INTRODUCTION TO PHOTOGRAPHY IV

Course Fee \$79

Instructor: Michael Thornton W Aug. 29 - Oct. 3
6-8 p.m. Martin 1833 6 sessions

Designed for the advanced photo student interested in furthering their knowledge in film choice and processing. Experimentation with infra-red film and advance dark room procedures. Filters for black and white film will be discussed in detail and the effects of filters on infra-red film. Enrollment is limited to 15 students.

MISCELLANEOUS INTERESTS

CEU 213-01 LESSONS FROM THE UA LEGEND

Course Fee \$80

Instructor: Dr. John Blackburn & Coach Dee Powell
R Oct. 4 9 a.m.-Noon Martin 2358 1 session

Coach Dee Powell (one of the original Junction Boys who played with legendary Coach Paul Bear Bryant) and Dr. John Blackburn (Former Dean of Men and Inspiration for the Blackburn Institute at The University of Alabama) will discuss ways to become a successful entrepreneur in a tough economy. These distinguished leaders will draw on their rich experience within the UA legend and demonstrate how the lessons they learned apply to: Leadership, Business Ethics, Entrepreneurship and Fundraising and Resource Development.

CEU 212-50 CHOCOLATE FOR EVERYONE

Course Fee \$39

Instructor: Richard Carroll R Sept. 27 - Oct. 11
6-8 p.m. Martin 2358 3 sessions

Discover the wonders of the delicacy that the ancient Mayans called the "Food of the Gods." The class will cover all aspects of chocolate: from botany to history, medicinal properties to folklore, manufacturing to cuisine. Students will have a chance to taste a variety of different chocolates from around the world. Disclaimer: neither the instructor nor Shelton State Community College may be held liable for weight gain as a result of this course. A \$12 lab fee will be collected the first night by the instructor.

CEU 160-50 WOODWORKING HANDCRAFTED PENS

Course Fee: \$39

Instructor: Jim Burt M Oct. 8- Oct. 22
6-8 p.m. Martin 1106 3 sessions

Designed to teach the making of handcrafted pens, this course will include safety instructions for proper use of the lathe and other woodworking tools including band saw, table

saw, miter saw and drill press; information regarding the equipment and its use; and actual hands-on construction of two pens. A fee of \$10 will be collected by the instructor the first night of the class for materials and supplies. Safety glasses and hearing protection are required for this course.

CEU 138-50 TRADITIONAL BALLROOM DANCING

Course Fee: \$49

Instructor: TBA T Aug.28- Oct. 2
7:30-8:30 p.m. Martin 1901 6 sessions

This course is designed for beginners with little or no dance experience. Basic ballroom dance movement will be explored with a focus on learning steps in the American Style Waltz, American Style Foxtrot and American Style Tango. Please bring an additional pair of shoes with clean, smooth soles.



CEU 139-50 BEGINNING SWING DANCE

Course Fee: \$ 49

Instructor: TBA T Oct. 9 - Nov. 13
7:30-8:30 p.m. Martin 1901 6 sessions

This course is designed for beginners with little or no dance experience. Basic dance movement will be explored with a focus on learning steps in the East Coast (Triple Step) Swing. Please bring an additional pair of shoes with clean, smooth soles.

WRITING COURSES

CEU 185-01 THE TRUTH ABOUT SELF-PUBLICATION

Course Fee: \$70

Instructor: Michael Garrett R Oct. 18
9 a.m.-12 p.m. Martin 2358 1 session



Traditionally, self-publication, or the "Vanity Press," has been frowned upon for all but the most ambitious non-fiction writers. Today, however, with the advent of print-on-demand publishing, self-publication has become the perfect low-cost solution for many writers who wish to target a small specific audience and maintain complete control over their finished books. With as little as a \$500 investment, your professional-quality book can be available but beware of the misleading promises of certain print-on-demand publishers. Discover if your book is right for self-publication and what you can realistically expect or decide if you should pursue traditional publishers instead. Sample take-home books will be provided as quality examples of print-on-demand publication.

CEU 186-50 SHORT STORY AND NOVEL FEEDBACK

Course Fee: \$70



Instructor: Michael Garrett R Oct. 18th
1-4 p.m. Martin 2358 1 session

Most short story and novel submissions are rejected within the first few pages, regardless of how many were submitted. Editors rarely read every word, and rejection slips seldom explain why your manuscript fell short. Here's an opportunity to sit face-to-face with a professional fiction editor who's worked with such noted authors as Stephen King, Joyce Carol Oates, Lawrence Block and others as he evaluates your submission. You'll be surprised as minor mistakes in your writing, likely the source of manuscript rejection, are constructively pointed out to you. If you prefer not to have your own writing reviewed, you'll benefit by listening to other critiques. Discussions include: how editors evaluate submissions, the importance of a strong opening, and placement of essential manuscript ingredients. Don't avoid feedback. You'll be amazed at the degree by which it will improve your writing.

PHYSICAL FITNESS

CEU 167-50 FACULTY/STAFF SUPER CIRCUIT

Course Fee: \$35

Instructor: Staff T/R Aug. 28 - Dec. 6
4-6 p.m. Martin 1261 30 sessions

This course is designed for the faculty and staff at Shelton State to encourage physical health, body toning, aerobic conditioning, muscle tone development, weight maintenance and osteoporosis prevention. Upon request the instructor will assist participants in designing an exercise program to meet individual physical needs. (Retired Shelton employees may participate for a fee of \$20.) Class will not be held on November 20 and 22. Enrollment is limited to 35 participants.

CEU 167-52 FACULTY/STAFF SUPER CIRCUIT

Course Fee: \$35

Instructor: Staff T/R Aug. 28 - Dec. 6
4-6 p.m. Fredd 401 30 sessions

This course is designed for the faculty and staff at Shelton State to encourage physical health, body toning, aerobic conditioning, muscle tone development, weight maintenance and osteoporosis prevention. Upon request the instructor will assist participants in designing an exercise program to meet individual physical needs. (Retired Shelton employees may participate for a fee of \$20.) Class will not be held November 20 and 22. Enrollment is limited to 35 students.

CEU 169-50 BODY TONING FOR THE COMMUNITY

Course Fee: \$35

Instructor: Staff

4:4:50 p.m.

M/W Aug. 20 - Dec. 5
Martin 1261 30 sessions
Description follows. Class will not be held on September 3rd, November 19th and 21st. Enrollment is limited to 25 participants.

CEU 169-51 BODY TONING FOR THE COMMUNITY

Course Fee: \$35

Instructor: Jennifer Vanderpool

7-7:50 p.m.

T/R Aug. 21 - Dec. 6
Martin 1261 30 sessions
This class is designed to enhance muscle tone to the total body, as well as improve cardiovascular efficiency, promote weight maintenance and osteoporosis prevention. Class will not be held on November 20 and 22. Enrollment is limited to 25 participants.

CEU 171-50 INTRODUCTION TO FOIL FENCING

Course Fee: \$98

Instructor: Bruce Bizzoco

6:30-8:30 p.m.

W Sept. 5 - Nov. 28
Gym 12 sessions
This introductory course in modern foil fencing is a great course for parents and children to take together. It provides basic instruction including: en garde, simple and compound attack. Activities include foot-work such as advancing, retreating and lunging; offensive blade work such as taking of the blade, attacking the blade and feints of attack; and defensive blade work such as parry-riposte, counter-parry-riposte and the line. Participants should arrive in class wearing appropriate exercise clothing including long track pants and white-soled shoes. Class will not be held on November 21st.

YOUTH PROGRAMS

CEU 171-51 INTRODUCTION TO FOIL FENCING

Course Fee: \$49

Instructor: Bruce Bizzoco

6:30-8:30 p.m.

W Sept. 5 - Nov. 28
Gym 12 sessions

This course is for students age 16 and under. It is an introductory course in modern foil fencing providing basic instruction including: en garde, simple and compound attack. Activities include foot-work such as advancing, retreating and lunging; offensive blade work such as taking of the blade, attacking the blade and feints of attack; and defensive blade work such as parry-riposte, counter-parry-riposte and the line. Participants should arrive in class wearing appropriate exercise clothing including long track pants and white-soled shoes. Class will not be held on November 21st.

COMMUNITY EDUCATION BALLET PROGRAM

The Community Education Dance Program places students in classes on the basis of their level of experience and ability. For the younger, developing child age is an important consideration for class placement and suggested ages are listed for each class. The program emphasizes quality dance education based on technique, culture and history. A performance opportunity will be available for most classes at the end of the spring semester. Participation in the spring performance is not mandatory but is encouraged as it is the culmination of each student's yearly progress where by they will demonstrate



steps and technical approaches practiced in class. Each class level has a specific uniform which will be worn in class. Each student will wear an instructor approved uniform for the spring performance. The instructor, following class placement, will provide uniform information. In addition to the monthly class fee, an annual fee of \$25 will be collected and used for program supportive expenses with August being the beginning renewal month. This fee should be paid by a separate check made payable to *The Dance Fund*. Parents will be given the opportunity to observe classes at specified times during the year. There is not a performance fee for participation in the spring performance.

CEU 120-50 CLASSICAL PRE-BALLET - W

Course Fee: \$25 per month

Instructor: Rhea Speights W Aug 22-Dec. 5
4:30-5:15 p.m. Martin 1901

Enrollment is limited to 10 students. Ages 4-5 with no previous experience. Classes will not be held on November 21st.

CEU 121-50 CLASSICAL PRE-BALLET - F

Course Fee: \$25 per month

Instructor: Rhea Speights F Aug. 24-Dec. 7
3:15-4:00 p.m. Martin 1901

Ages 4-5 with no previous experience. The basic concepts of Classical Ballet will be taught through the use of imaginative exercises. These concepts promote the development of good posture, well stretched feet and legs, well-shaped arm positions, awareness of rhythm and musicality, control in traveling movements as well as steps and movement patterns. All students will have a uniform that is representative of their level. Class will not be held on November 23. Enrollment is limited to 10 students.

CEU 122-50 CLASSICAL BALLET I

Course Fee: \$30 per month

Instructor: Rhea Speights F Aug. 24 - Dec. 7
4:00-5:00 p.m. Martin 1901

Ages 5-8 with no previous experience. The basic concepts of Classical Ballet including good posture; secure, accurate placing of the limbs; neat footwork as well as musical awareness; use of space and sense of performance will be taught. These areas are covered with developmentally appropriate material that is challenging and enjoyable for the child. All children will wear a uniform that is representative of their level. Enrollment is limited to 15 students. Classes will not be held on November 21st.

CEU 123-50 CLASSICAL BALLET II

Course Fee: \$30 per month

Instructor: Rhea Speights W Aug. 22 - Dec. 5
5:15-6:15 p.m. Martin 1901

Ages 5-8 with no previous experience. The basic concepts of Classical Ballet including good posture; secure, accurate placing of the limbs; neat footwork as well as musical awareness; use of space and sense of performance will be taught. These areas are covered with developmentally appropriate material that is challenging and enjoyable for the child. All children will wear a uniform that is representative of their level. Enrollment is limited to 10 students. Class will not be held on Nov. 21st.

CEU 124-50 CLASSICAL BALLET III & IV

Course Fee: \$40 per month

Instructor: Rhea Speights

T 5:00-6:00 p.m. Aug. 21-Dec. 4
F 5:00-6:00 p.m. Aug. 24- Dec. 7
Martin 1901

Ages 6-8 with 1 year experience. This course will continue the basic concepts of Classical Ballet of good posture, secure and accurate placing of the limbs, neat footwork as well as musical awareness, use of space and sense of performance. These areas are covered with developmentally appropriate material that is challenging and enjoyable for the child. All students will wear a uniform that is representative of their level. Class will not be held on November 20th & 23rd. Enrollment is limited to 10 students.

CEU 125-50 CLASSICAL BALLET V & VI

Course Fee: \$40 per month

Instructor: TBA R Aug 23 - Dec. 6
4:30-6:00 p.m. Martin 1901

For ages 8-10 with 3 years experience. The basic concepts of Classical Ballet including good posture, secure and accurate placing of the limbs, neat footwork as well as musical awareness, use of space and sense of performance should be clearly demonstrated. The more complex vocabulary at this level makes increased demands on strength and stamina. All children will have a uniform that is representative of their performance level. Class will not be held on November 22 & 23. Enrollment is limited to 15 students.

CEU 126-50 INTERMEDIATE CLASSICAL BALLET

Course Fee: \$60 per month

Instructor: TBA M/T Aug. 20 - Dec. 4
M/4:30-6 p.m. T/6:30 p.m.
Martin 1901

Ages 10-12 with 3 to 5 years experience. The basic concepts of Classical Ballet including good posture, secure and accurate placing of the limbs, neat footwork as well as musical awareness, use of space and sense of performance should be clearly demonstrated. The more complex vocabulary at this level makes increased demands on strength and stamina. All children will have a uniform that is representative of their performance level. Class will not be held on September 3rd or November 12th, 19th and 20th. Enrollment is limited to 15 students.

CEU 127-50 ADVANCED CLASSICAL BALLET

Course Fee: \$65 per month

Instructor: TBA M/R Aug. 20- Dec. 6
6-7:30 p.m. Martin 1901

Ages 13 and up and serious students. This is a combined class with the level to be assigned by the instructor. Students will continue to develop skills, consolidate technical skills and increase the range of movements. All children will have a uniform that is representative of their performance level. Class will not be held on September 3rd or November 19th and 22nd. Enrollment is limited to 15 students.

COMMUNITY EDUCATION JAZZ

Jazz dance is an American art form, inspired by a great mosaic of music, movement and traditions. It is a reflection of popu-

lar culture and as the culture changes, so does the face of jazz dance. In these courses, classical as well as current jazz styles will be taught. An annual Registration Fee of \$25 will be collected per family with checks made payable to Dance Fund. Each student will be required to wear a leotard with tights and/or jazz pants and a pair of soft-soled jazz shoes unless otherwise stated.

CEU 128-50 PRE-JAZZ AGES 4-5

Course Fee: \$25 per month

Instructor: TBA T Aug. 21- Dec. 4
4:15-5 p.m. Martin 1927

Students will learn to demonstrate proper body alignment; to improve body control and strength by working on basic loco motor movements; to move at different tempos; as well as how to move in personal and general space. Basic jazz movements and movement sequences will be introduced. Class will not be held on November 20th. Enrollment is limited to 15 participants.

CEU 129-50 JAZZ I AGES 6-8

Course Fee: \$30 per month

Instructor: TBA M Aug. 20- Dec. 3
4-5 p.m. Martin 1927

Students will learn to demonstrate proper body alignment; experiment with gravity; develop balance, increase flexibility; and increase endurance and body strength. Class will not be held on September 3rd or November 12th & 19th. Enrollment is limited to 15 participants.

CEU 130-50 JAZZ I AGES 9-12

Course Fee: \$30 per month

Instructor: TBA W Aug. 22 - Dec. 5
4-5 p.m. Martin 1927

Students will continue to perfect body alignment, flexibility, endurance and strength. More challenging combinations will be introduced and stronger emphasis will be placed on powerful movement and improvisation. This course will begin to concentrate on turning dance technique into dance performance. Class will not be held on November 21st. Enrollment is limited to 15 participants.

COMMUNITY EDUCATION MODERN DANCE

CEU 135-50 CHILDREN'S MODERN DANCE AGES 7-11

Course Fee: \$30 per month

Instructor: Rhea Speights T Aug. 21- Dec. 4
6:15-7:15 p.m. Martin 1927

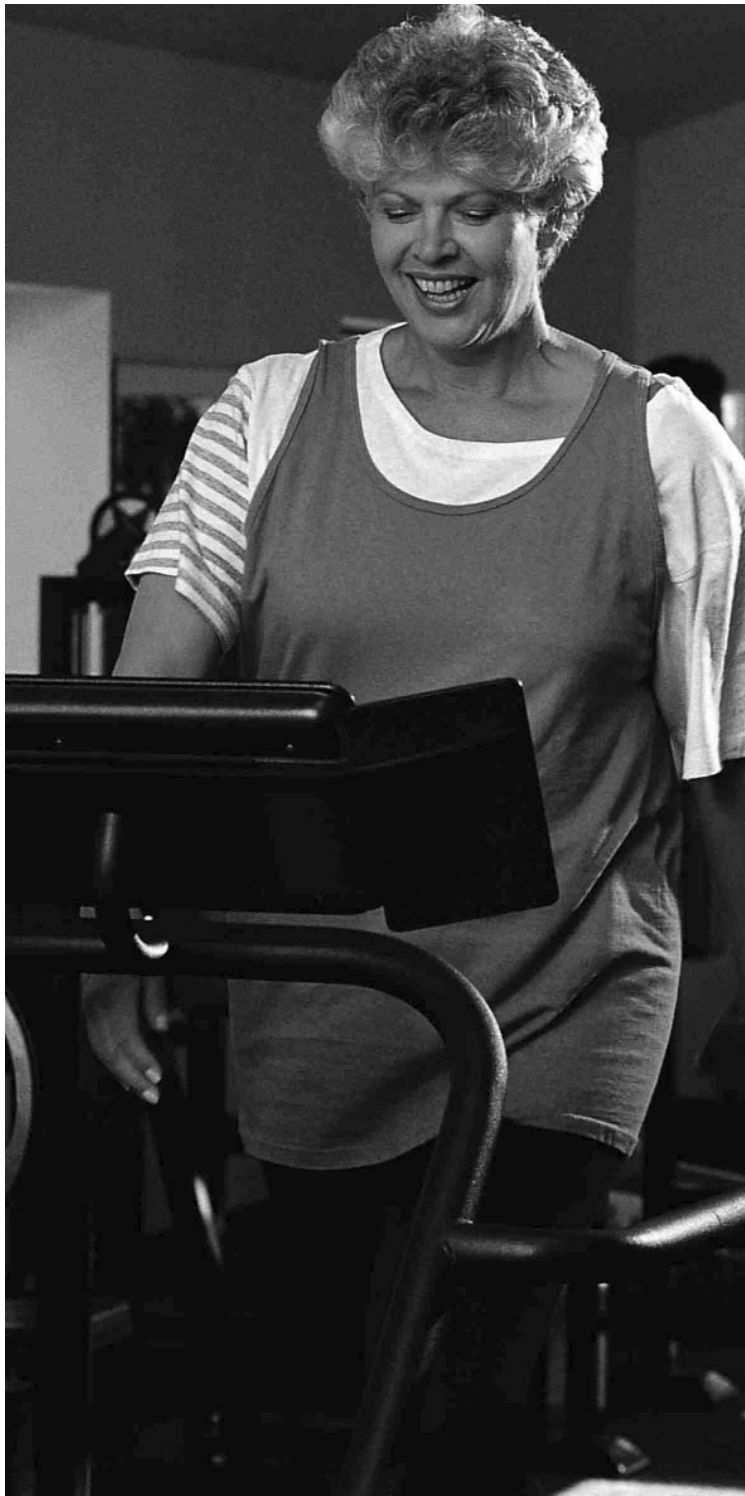
Walk, run, skip, kick, jump, turn, and fall. Modern dance is based in everyday, pedestrian movement and becomes creative when that movement is manipulated through rhythmic and spatial development. Students will practice efficient and healthy body-alignment while learning set movement phrases as well as creating their own movement solutions to structured tasks. Students should wear clothing that is comfortable and easy to move in; hair should be pulled back. Class will not be held on November 20th. Enrollment is limited to 15 students.

CEU 136-50 BASIC MODERN DANCE - ADULT

Course Fee: \$45 per month

Instructor: Rhea Speights M Aug. 20-Dec. 3
5:00-6:00 p.m. Martin 1927
R Aug. 23-Dec.6
7:30-8:30 p.m. Martin 1901

For ages Ages 12 and up. Previous experience is not required for this course. Focus will be placed on developing kinesthetic (body movement) awareness through the study and practice of various modern dance techniques including Humphrey-Limon, Cunningham and Horton. Students will increase stamina, flexibility, strength and sensitivity to movement. Loose, moveable clothing, bare feet (socks may be worn) and secured hair are important attire. Class will not be held on September 3rd, November 12th, 19th, & 22nd. Enrollment is limited to 15 students.



REGISTRATION INFORMATION

REQUIREMENTS FOR REGISTRATION

High school graduation or the equivalent is not required for participation in Community Education courses. Community Education courses are non-credit, personal interest courses.

REGISTRATION OPTIONS

1) By Fax:

Fax a completed registration form with a VISA or MasterCard, or purchase order number with billing information to (205) 391-2453.

2) By Phone:

Call (205) 391-2323

3) By Mail:

Send the completed registration form with a check or money order to Shelton State Community College, Business Office Box 252, 9500 Old Greensboro Road, Tuscaloosa, AL 35405.

4) In Person:

Bring the completed registration form to the office of Training for Business and Industry/Continuing Education and Community Education Education, Suite 1363. Office hours are Monday - Friday, 8 a.m. - 5 p.m. Following registration, payment should be made through the Cashier's Office.

Call 391-2323 to register. You may also receive information by visiting the Shelton State Community College web site <http://www.sheltonstate.edu>. Go to Community Learning from the main menu and then Community Education.

CONFIRMATION

A written confirmation will be mailed prior to the first class meeting unless time does not allow. Information will include the date, time and location of the course, a map and a parking form for vehicle registration (if this applies).

CANCELLATIONS AND REFUNDS

Class participants have three working days following the first class meeting to request a refund. A refund minus a 5% administrative processing fee will be mailed. Please include your name, social security number, course name and number on your written request. Failure to attend the program does not constitute cancellation. All registrations will be refunded in full for class cancellations due to insufficient enrollment.

PARKING

A parking permit is required for everyone participating in any course offered through Shelton State Community College. Permits are effective for the academic school year beginning in the fall semester, so please keep the permit until the year is completed. Please include the \$10 fee with the registration payment. All cars parked without a permit are subject to being ticketed. Shelton disability parking validation is required. Please take handicap verification and parking form to the Campus Security to receive a tag for handicap parking.

DATES OF SCHOOL CLOSING

Shelton State Community College will not be open for classes on September 4 for Labor Day, November 10 for Veteran's Day, and the week of November 20 - 24. Classes will begin on August 21 and continue through December 15, 2006 unless otherwise stated.

community EDUCATION registration form

Name _____

Address _____

City _____ County _____

State _____ Zip _____

Home Phone _____

Work Phone _____

SSN _____

Drivers Lic.# _____

Date of Birth _____

Sex _____ Race _____

E-Mail _____

Vehicle Tag _____

Vehicle Make _____

Model _____

Course No.	Title	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Fees: \$ _____

Vehicle Registration Fee: \$10.00

Grand Total: \$ _____

Method of Payment:

_____ Money Order

_____ Visa

_____ Check

_____ Purchase Order

_____ Master Card

Check or Money Order should be made to SSCC.

Card Number _____

Exp Date _____ 3-Digit # from back of card _____

RETURN TO:

Community Education

Shelton State Community College
9500 Old Greensboro Road, Box 210
Tuscaloosa, AL 35405

lifelong LEARNING COURSES

For a \$25 per semester fee, adult students may take any of the courses offered through the Lifelong Learning Center. Community Education classes are priced as shown in the class description. There are no formal requirements for participation in the Lifelong Learning course other than a minimum age of 55 and an interest in continued learning. To register for any of these classes, please complete the registration and form and attach a check for the \$25 class fee. **Call 205/391-2999** to register with a credit card or for more information.

COMPUTERS

CEU 702-01 WINDOWS

Doris Dobbs T Th Sept. 4, 6, 11, 13, 18, 20
10:00 a.m.-12:00 p.m. Fredd 133
Registration deadline: T Aug. 27

Description: This is the first computer course and is designed to introduce you to the Windows operating system. Learn to use the mouse and task bars, explore menus and files; modify your computer environment and perform routine file maintenance tasks. Class will be limited to 15 students.

CEU 712-01 E-MAIL

Doris Dobbs T Th Sept. 25, 27, Oct. 2, 4
10:00 a.m.-12:00 p.m. Fredd 133
Registration deadline: T Sept. 18

Prerequisites include: Windows and an Email Account on Yahoo! (Go to www.yahoo.com to set up your FREE email account. Bring your e-mail ID and password to class.)

Description: Learn the basics of setting up and using e-mail, as well as conducting research on the Internet.

CEU 705-01 INTRODUCTION TO MICROSOFT WORD

Doug Sandford T Th Oct. 9, 11, 16, 18
10:00 a.m.-12:00 p.m. Fredd 133
Registration deadline: T Oct. 2

Prerequisites include: Keyboarding & Windows

Description: Learn the MS Word environment; how to enter, edit, and format text; use spell check to proofread documents; use toolbars; and work with multiple documents. In order to keep up in this class you need to be able to type at least 30 wpm. Class will be limited to 15 students.

CEU 715-01 ADVANCED MICROSOFT WORD

Doug Sandford T Th Oct 23, 25, 30
10:00 a.m.-12:00 p.m. Fredd 133
Registration deadline: Th Oct. 16

Prerequisites include: Keyboarding, Windows & Word
Description: Learn how to do mail merges, brochures,



newsletters and graphics in Microsoft Word. In order to keep up in this class, you need to be able to type at least 30 wpm. Class will be limited to 15 students.

CEU 719-01 COMPUTER SCAMS

Doug Sandford T TH Nov. 6, 8
10:00a.m.-12:00 p.m. Fredd 133
Registration deadline: T Oct. 29

Description: In these two presentation sessions you will learn what that e-mail from people you don't know is all about! Should you trust them? And how about that guy in Nigeria who wants to give away his money to you? The Internet is a wonderful resource but is also full of pitfalls for the uninformed. Join a relaxed discussion of scams, what identify 'phishing' is, how it happens, and what you should know to protect yourself. Bring your questions, curious nature and a notepad.

PERSONAL INTEREST

CEU 733-01 STOCKS & SAUCE



Calye Schofield M Oct. 15, 22, 29
3:00 p.m.-4:30 p.m. Martin 1412
Registration deadline: M Oct. 8

Lab Fee: \$5.00

Description: Stock and sauces are the foundation of fine cuisine. It doesn't matter what you are making a great sauce can enhance a dish and even complete a meal. From the fanciest fine dining restaurants to the simple home cook, stocks and sauces are the building blocks where great food begins. Enrollment will be limited to 15 students so register quickly.

CEU 794-01 BLACK WARRIOR RIVER AND THE SETTLEMENT OF TUSCALOOSA

Chuck Gerdau W Sept. 12, 19
10:00 a.m.-12:00 p.m. FOCUS
Registration deadline: W Sept. 5

Description: Learn how Tuscaloosa was settled by 1816 and the role of the Black Warrior River in the development of the area, including the river lock system, bridges, and river

commerce. The first session will be a lecture with class discussion and the last will be a short driving tour of the river front and downtown area.

CEU 876-01 WOODWORKING 101

Jim Burt M Nov. 5, 19, 26, 12/3, 10
1:00 p.m.-3:00 p.m. Martin 1106
Registration deadline: M Oct. 30

Supplies: \$20.00 to \$50.00

Required: Safety glasses and hearing protection.

Description: In this session of classes we will discuss the various machines and their uses, safety while using the machines and will complete a hands-on project (an occasional table). The cost of the supplies will be determined by the type of wood you choose to use. **There will be no class on Nov. 12 due to holiday school closure.**

CEU 755-01 DIGITAL PHOTOGRAPHY **Restructured**

Barry Fikes M Sept. 10, 17, 24, Oct. 1, 8
2:00-4:00p.m. Fredd 133
Registration deadline: T Sept. 4

Description: Digital Photography is the rage now and many people can't quite get the hang of down loading and editing their photos once they are made. Discover how easy it is to get your photos from the camera to the computer, edit the red eye and take out the mistakes, print the photos and save them to disks for future use. It is important that you read your user manual and somewhat understand the use of your camera prior to class time. There will be a hands-on field trip to make photos to down load and print.

CEU 757-01 SCRAPBOOKING

Anita Headley W Sept. 12, 19, 26
2:00 p.m.-4:00 p.m. Martin 2834
Registration deadline: W Sept. 5
Supply cost \$20.00

Description: While expressing your creativity, you will also be preserving precious family memories and history. You will be shown the basics of scrapbooking, photo preservation, and how to design page layouts. We will also discuss various embellishment techniques, how to use different types of tools, and the importance of journaling. Supply fee will be collected at the first session.

RELIGION

CEU 784 -01 BIBLICAL ROOTS OF THE MIDDLE EAST CONFLICT **NEW**

Tollie Meggs W Oct. 3, 10, 17, 24
10:00 a.m.-11:00 a.m. Martin 2834
Registration deadline: W Sept. 26

Description: This series will be a general overview of the very complex history of the Middle East conflict from a biblical perspective. The bible says history began and will one day end in this region of the world that makes international news headlines daily. From the patriarch, Abraham, 4000 years ago, to the present conflict embroiling modern day Jews and Muslim Arabs, we will address the progression of one man's family with two divergent peoples that have been warring for centuries. Whose land is it? What's all the fuss about Jerusalem? When will there be peace?

CEU 785-01 KNIGHTS TEMPLAR



James Fowler, Jr. Sept. 24th
10:00 a.m.-12:00 p.m. Martin 2834
Registration deadline: Sept. 17

Description: The Poor Fellow-Soldiers of Christ and of the Temple of Solomon, popularly known as the Knights Templar were among the most famous of the Christian military orders. Their organization was created to ensure the safety of the large numbers of European pilgrims who flowed into Jerusalem after its conquest. These knights were some of the best equipped, trained and disciplined fighting units of the Crusades. These famed knights were featured prominently in the best seller, *The DaVinci Code*. Learn the historical beginnings, responsibilities and legends about these famed knights.

ART

CEU 773- 01 WATERCOLOR PAINTING AND DRAWING

George Parker M Sept. 17, 24, Oct. 1
10:00a.m.-3:00p.m. Martin 1942
Registration deadline: T Sept. 4

Supplies cost extra

Description: In this class you will learn how to create pictures with your pencil by sketching to create layouts that you will apply watercolor paint upon. You will learn how to mix paint, use a paint brush, and how to develop an art piece with a priceless future. No prior experience needed.

CEU 779-01 ADVANCED WATERCOLOR PAINTING & DRAWING

George Parker M Oct. 8, 15, 22
10:00 a.m.-3:00 p.m. Martin 1942
Registration deadline: M Oct. 1

Supplies cost extra

Description: Continue to improve upon the skills learned in the beginning Watercolor class with new techniques.

CEU 901-01 ACRYLIC PAINTING

George Parker M Oct. 29, Nov. 5, 19
10:00 a.m.-3:00 p.m. Martin 1942
Registration deadline: M Oct. 5

Supplies cost extra

Description: Similar to oil paint, acrylic paint has a plastic base and is water soluble. This medium is becoming more and more popular. In this class you will learn to create a work of art you will be proud of. A list of supplies will be provided prior to the first class. **There will be no class on November 12 due to holiday school closure.**

GARDENING

CEU 768-01 PLANT NOW FOR A SPRING SHOW

Sybil Phillips Th Oct. 25th
1:00 p.m.-3:00 p.m. Martin 1941
Registration deadline: Th Oct. 18th

Description: Learn to combine spring flowering bulbs, perennials and shrubs for the best effect.

★ DENOTES A NEW COURSE



CEU 760-01 NEW PLANTS AND CONTAINERS

Sybil Phillips Th Oct. 11th
1:00 p.m.-3:00 p.m. Martin 1941
Registration deadline: Th Oct. 4

Description: Fall is the best time to plant shrubs. Let's talk about how to choose shrubs, as well as when and how to fertilize and prune.

TOURS

CEU 795-01 GRAVESTONE STUDIES TOUR

Jerry Oldshue F Oct. 19
9:00 a.m.-5:00 p.m. ATRIUM
Registration deadline: Th Oct. 5

Dutch Treat Lunch

Description: We will be touring several cemeteries in West Blocton and Vance area. One of these will be the Italian cemetery of West Blocton which dates back to 1901. Due to prejudice during this time period the Italians were segregated and not permitted to be buried in the local cemeteries, so they were given one just for them by the Catholic church. Most of the gravestones are in Italian and some have been desecrated and vandalized but this is a very interesting and historic cemetery. We will also be stopping at a few other small cemeteries in the area. This will be a joint venture with a group from The University of Alabama Lifelong Learning.

CEU 829-01 DENNY STADIUM TOUR

Ronnie Robertson T Sept. 11
9:00 a.m.-12:00 p.m. Atrium
Registration deadline: Sept. 4

Description: Sure, you've been to a football game in Denny Stadium but do you really understand the complexities of this huge edifice? Join us as we take a guided tour of the inside of the stadium that few get an opportunity to see. Limited to 30 participants.



HEALTH AND FITNESS

NOTE: The following classes are offered as part of the LLC program and may be taken with your \$25.00 semester fee.

CEU 165-01 SLIMNASTICS FOR SENIORS

Delores Royal M W Aug 20 - Dec 10
8:15 a.m.-9:05 a.m. Wellness Center
Registration deadline: Aug 13

Description: A low impact aerobics class that offers supervised weight lifting, floor exercises, and aerobic workout designed for cardiovascular health and physical fitness.

CEU 165-02 SLIMNASTICS II FOR SENIORS

Delores Royal T Th Aug 21 - Dec 6
9:00 a.m.-9:50 a.m. Wellness Center
Registration deadline: Aug 14

Description: See description for Slimnastics for Seniors above.

CEU 166-01 WEIGHT TRAINING FOR SENIORS

Delores Royal M W Aug 20 - Dec 10
11:30 a.m.-12:20 p.m. Wellness Center
Registration deadline: Aug 13

Description: Designed especially for seniors, this course will improve overall muscular and cardiovascular strength and endurance and also help prevent osteoporosis.

CEU 167-01 SUPER CIRCUIT FOR SENIORS

Delores Royal T Th Aug 21 - Dec 6
8:15 a.m.-9:05 a.m. Wellness Center
Registration deadline: Aug 14

Description: This is a body toning and aerobic conditioning class using Nautilus equipment designed for overall conditioning and muscle development as well as weight maintenance and osteoporosis prevention.

CEU 168-01 YOGA WELLNESS FOR SRS.



Delores Royal T TH Aug.21 - Dec. 6
10:00 a.m.-10:50 a.m. Wellness Center
Registration deadline: Aug. 14

Description: A class specifically designed for the senior population. Different type of stretching and strengthening activities along with deep breathing techniques will be applied.

CEU 902-01 LIVING WELL ALABAMA

Austin/Rightmyer T Oct.30, and
Nov. 6, 13, 20, 27, Dec. 4
10:00a.m.-12:00p.m. Martin 2834
Registration deadline: T Oct. 23

Description: Enjoy life more! Learn how to live a healthier life and manage your chronic disease. Living Well Alabama is a program for anyone living with a chronic health problem such as: arthritis, asthma, cancer, chronic obstructive pulmonary disease, heart disease, diabetes, depression, obesity, and high blood pressure. Learn about your condition and how to decrease your pain, cope with fatigue, overcome stress and fear, and increase your mobility. A free \$22.00 book, "Living A Healthy Life with Chronic Conditions" will be given to those participants who attend four out of six sessions.

lifelong LEARNING registration form

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

SSN _____

Drivers Lic.# _____

Date of Birth _____

Sex _____ Race _____

E-Mail _____

Vehicle Tag _____

Vehicle Make _____

Model _____

Class(es) Desired: _____

Lifelong Learning Course Fees: \$25.00

Vehicle Registration Fee: \$10.00

Total: _____

RETURN TO:
Lifelong Learning Center
Shelton State Community College
9500 Old Greensboro Road, Box 170
Tuscaloosa, AL 35405



SHELTON STATE
COMMUNITY COLLEGE

LIBRARY PRIVILEGES

The Brooks-Cork Library is open to all students enrolled in Community Education and Lifelong Learning Center classes at Shelton State. The library on the Martin Campus is located on the second floor near the LLC Office. One feature of the library is its collection of best sellers. Book lovers are welcome to come and check out titles from this collection, located near the circulation desk, as well as other books in the collection. Library cards are issued at the circulation desk and are processed within a few minutes. Take advantage of this and other services offered to LLC and CE students in the library.

ATTENTION SENIOR LEARNERS

The State of Alabama provides a scholarship program for senior adults allowing an individual to register for any of the credit courses offered through the college. The following guidelines must be followed: (1) An individual must be 60 years of age or older at the time of enrollment. (2) Each course may be taken only one time. (3) A person will be placed in a course after fifteen traditional students have been enrolled. (4) To qualify, individuals must provide proof of high school graduation or the equivalent. The cost of each course is eighteen (\$18) dollars per semester hour with registration handled through Community Education. For more information or for clarification, please call Community Education (205) 391-2323.

It is the official policy of the Alabama Department of Postsecondary Education, including all Postsecondary institutions under the control of the State Board of Education, that no person in Alabama shall, on the grounds of race, color, disability, sex, religion, creed, national origin or age, be excluded from participation in, be denied the benefits of or shall be subjected to discrimination under program activity or employment.

Although the publisher of the schedule has made every reasonable effort to attain factual accuracy herein, no responsibility is assumed for editorial, clerical or printing errors occasioned by honest mistakes. All information in this schedule is subject to change by Shelton State without prior notice.

Shelton State Community College is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award the Associate in Arts, Associate in Science, and the Associate in Applied Science degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Shelton State Community College.

SHELTON STATE

COMMUNITY COLLEGE

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Fall 2007



SHELTON STATE

COMMUNITY COLLEGE

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